Bridge to Better Health

Practice Nurses

This project is being completed by a team of researchers from the Mater Intellectual Disability and Autism Service (MIDAS) at Mater Research, University of Queensland, Griffith University, and Western Sydney University.

If you have any questions about the project, you can contact Katie Brooker on (07) 3163 1983 or email k.brooker1@uq.edu.au.

What is this form for?

You are being asked if you would like to participate in a research study because your general practice has opted to participate in a study called *Bridge to Better Health*. The study aims to improve primary care outcomes for people with intellectual disability.

The study will compare the Bridge to Better Health intervention to usual care. Practices will be randomly allocated to the intervention or to usual care group.

This form will explain the research study and will explain the possible risks and benefits to you if you decide to participate. If you have any questions, please ask the researchers.

What is this study about?

The purpose of this study is to improve primary health care outcomes for people with intellectual disability. People with intellectual disability experience some of the greatest gaps in health, dying up to 30 years earlier than people without intellectual disability.

The study will compare the Bridge to Better Health intervention to usual care. The aim is to compare usual care annual health assessments to supporting nurses to complete annual health assessments for people with intellectual disability.

The Bridge to Better Health intervention is centred around practice nurses playing a significant role in an annual health assessment for individuals with intellectual disability. As part of the intervention, the practice nurses will receive:

- Support from a specialist intellectual disability nurse
- Training on intellectual disability health and health assessments
- Access to online resources and clinical tools

The usual care group will continue to provide usual care to their patients with intellectual disability. At the end of the study, the usual care practices will be able to access the training and online resources.

We have the two groups to compare and see if the intervention has improved health outcomes, and your understanding/confidence working with people with intellectual disability.

Who can be in the study?

Practice nurses working at practices part of the Bridge to Better Health project.

What will happen if I decide to be in the study?

If you decide to take part in the study, you will need to sign the attached consent form and return it to us. You will be given a copy of this Participant Information Sheet and Consent Form to keep.

We will ask you to complete a survey online. It will ask you

- demographic questions like your age and training
- a series of questions about intellectual disability
- about your role as a practice nurse

Then your practice will be allocated to the intervention group or usual care group.

If you are in the intervention group, the specialist intellectual disability nurse will contact you and provide you with access to the training and resources. They will also be in touch each month to provide ongoing support.

As part of the training, there will be short questions to assess if the training was useful.

You will be invited to optional interviews to share your experience after your patients have had an annual health assessment and again at the end of the intervention period. These will be done over the phone or on a video call. We will ask to record the interview; you can choose not to be recorded. This will take up to 1 hour.

At the end of the intervention period, we will ask you to complete a survey online. It will ask you the same questions about intellectual disability as well as some questions to understand your experience of the intervention.

If you are in the usual care group, we will provide your practice with a health assessment tool, the Comprehensive Health Assessment Program (CHAP). At the end of the intervention period, we will ask you to complete a survey online. It will ask you the same questions about intellectual disability. We will then give you access the training and online resources.

What are the risks or side effects of being in this study?

We see minimal risks or side effects to participating in this research; however, risks may include: being asked potentially personal questions, talking about a potentially upsetting experience, needing time to complete the survey and to meeting with us for up to an hour.

What are the benefits to being in this study?

All practice nurses will receive access to training and online resources, either as part of the intervention or when the intervention is finished. You may help services to

improve the way they work with and meet the needs of people with intellectual disability.

How will my data be kept private?

We will store the data and personal information separate. This means we will not write your name or include any identifying material (e.g., your work address or phone number) on these materials. All data will be kept secure in research offices in locked filing cabinets or password protected electronic files. When writing the results of this project, we will not include any material that allows you to be identified.

The research team might look at the information from this study again in the future. We will not look at any information that identifies you.

Will I be paid for taking part in this study?

No, you will not be paid for taking part in this study, but you will be offered a $50 gift card to thank you for your time if you participate in an interview.

Can I stop being in the study once I start?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to stop being in the project at any stage. You do not have to tell us why you want to stop.

Your decision whether to take part or not take part, or take part and then stop, will not affect your relationship with the researchers or the organisations they work with.

If you decide to take part and then stop, you can tell the researchers if you would like them to keep your information in the project or if you would like them to remove it. It is your choice.

Who has reviewed this project?

This study has been reviewed and approved by the Mater Misericordiae Ltd Human Research Ethics Committee (EC00332).

Should you wish to discuss the study in relation to your rights as a participant, or should you wish to make an independent complaint, you may contact the Coordinator or Chairperson, Human Research Ethics Committee:

Mater Misericordiae Ltd,	(07) 3163 1585,
Level 2 Aubigny Place,	research.ethics@mater.uq.edu.au
Raymond Terrace	
South Brisbane 4101	

If you have any questions, concerns, or complaints at any time about this research study you can also contact the researchers:

Katie Brooker	(07) 3163 1983	k.brooker1@uq.ed.au
Dr Cathy Franklin	(07) 3163 2412	midas@mater.org.au

Bridge to Better Health

Consent Form for

Practice Nurses

My name is _____

- I am 18 years of age or older
- I have read the Participant Information Sheet, or someone has read it to me in a language that I understand.
- I understand what is involved, the purpose, and any potential benefits or risks of the research project.
- I have had an opportunity to ask questions and I am satisfied with the answers I have received.
- I agree to participate in this research project as described and understand that I am free to withdraw at any time during the project.
- I agree that researchers can look again at my information from this study in the future.
- I agree that the researchers can contact me about having a follow-up interview in about 1 year. Yes ☐ No ☐

Signature _____ Date (day, month, year) _____

Name of researcher _____

Signature _____ Date (day, month, year) _____